

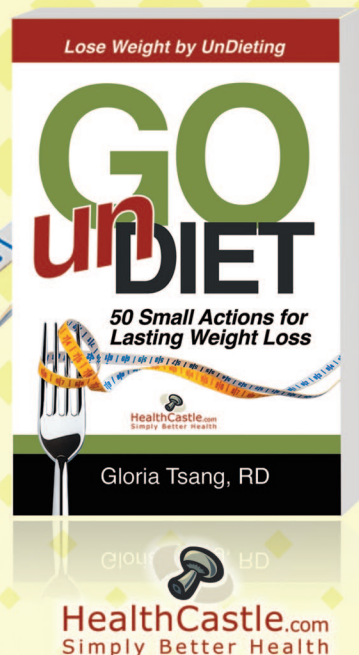


GO *un*DIET at A Glance

-- 50 Small Actions to UnDiet --

- ☐ #1. Start UnDieting
- ☐ #2. Start one change per week
- ☐ #3. Start doing it
- ☐ #4. Start using problem-solving techniques
- ☐ #5. Start your new life with a kick-off week
- ☐ #6. Un-low
- ☐ #7. Un-shun boxes
- ☐ #8. Un-cartoon
- ☐ #9. Un-fat-free
- ☐ #10. Un-panel
- ☐ #11. Un-miss partially hydrogenated oil
- ☐ #12. Un-HPF
- ☐ #13. Un-plant omega-3
- ☐ #14. Un-nitpick your cooking oil
- ☐ #15. Un-palm
- ☐ #16. Un-favor whole grain logos
- ☐ #17. Uncover whole
- ☐ #18. Unleash whole grains from breakfast
- ☐ #19. Un-expect benefits from isolated fiber
- ☐ #20. Un-halt your grains; let them sprout
- ☐ #21. Be unafraid of meat
- ☐ #22. Un-medicate your meat
- ☐ #23. Un-crate eggs
- ☐ #24. Unveil fish
- ☐ #25. Undo your relationship with processed meat
- ☐ #26. Un-drink your calories
- ☐ #27. Un-medicate your milk
- ☐ #28. Understand the UnDiet formula: 3+1
- ☐ #29. Un-super-size your discretionary drinks
- ☐ #30. Un-bore your water
- ☐ #31. Un-count 5-a-day and count 3-a-day instead
- ☐ #32. Un-side your veggies
- ☐ #33. Un-complicate your beans
- ☐ #34. Un-focus on fresh
- ☐ #35. Un-expense your organics budget
- ☐ #36. Un-blame carbs and blame the extras instead
- ☐ #37. Un-dip finger foods
- ☐ #38. Un-sweeten your drinks
- ☐ #39. Un-fake your sugar
- ☐ #40. Un-source your sugar
- ☐ #41. Un-bank on yogurt to solve constipation
- ☐ #42. Un-complicate your breakfast cereal
- ☐ #43. Un-soy-erize
- ☐ #44. Be un-swayed by fancy calcium marketing
- ☐ #45. Un-generalize your multis
- ☐ #46. Un-empty your calories
- ☐ #47. Un-dashboard dine
- ☐ #48. Un-shun cooking
- ☐ #49. Unburden yourself
- ☐ #50. Un-count calories

Buy Go *un*Diet Now



Extracted from *Go UnDiet: 50 Small Actions for Lasting Weight Loss*,
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